

**June
2017**

Southwest Center

3612 Bryant Ave. S.
Minneapolis, MN 55409
612-822-3194

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:45 Cardio/Strength 10:45 Strengthen & Stretch 12:00 Senior Dining 1:00 Cardio/Strength 1:00 T-Shirt Keyrings	10:00 Scrabble 12:00 Senior Dining 1:00 Bingo
5	6	7	8	9
10:00 Let's Do Crafts 11:00 Weights Upstairs 12:00 Senior Dining 1:00 Skunk Game	9:45 Cardio/Strength 10:45 Strengthen & Stretch 12:00 Senior Dining 1:00 Cardio/Strength 1:00 Therapeutic Putty	10:00 Tai Chi 10:00 Mindfulness 11:00 Weights Upstairs 12:00 Senior Dining 1:00 Bendable Flowers	10:00 Men's Breakfast 12:00 Senior Dining 1:00 What is It?	10:00 Scrabble 12:00 Senior Dining 1:00 Postal Scams & Fraud 1:45 Food Shelf
12	13	14	15	16
10:00 Let's Do Crafts 11:00 Weights Upstairs 12:00 Senior Dining 1:00 Remember Paper Dolls?	9:45 Cardio/Strength 10:45 Strengthen & Stretch 12:00 Senior Dining 1:00 Cardio/Strength 1:00 Nature Video	10:00 Tai Chi 10:00 Mindfulness 11:00 Weights Upstairs 12:00 Senior Dining 1:00 Cheese Making	9:45 Cardio/Strength 10:45 Strengthen & Stretch 12:00 Senior Dining 1:00 Cardio/Strength 1:00 Solar Art Project	10:00 Scrabble 12:00 Senior Dining 1:00 Art Talk/Angie Marc Chagall
19	20	21	22	23
10:00 Let's Do Crafts 11:00 Weights Upstairs 12:00 Staff Cooks- "Camp Style" 1:00 Let's Go Camping	9:45 Cardio/Strength 10:45 Strengthen & Stretch 12:00 Senior Dining 1:00 Cardio/Strength 1:00 Bingo	10:00 Tai Chi 10:00 Mindfulness 11:00 Weights Upstairs 12:00 Senior Dining 1:00 Summer Solstice	12:00 Senior Dining 1:00 Roses – Not Just for Bouquets	10:00 Scrabble 12:00 Senior Dining 1:00 Fleas, Ticks, Heartworm & Your Pet
26	27	28	29	30
10:00 Let's Do Crafts 11:00 Weights Upstairs 12:00 Senior Dining 1:00 Jewelry Making	9:45 Cardio/Strength 10:45 Strengthen & Stretch 12:00 Senior Dining 1:00 Cardio/Strength 1:00 Healthy Cooking	10:00 Tai Chi 10:00 Mindfulness 11:00 Weights Up 12:00 Senior Dining 1:00 Drumming Celebration	9:45 Cardio/Strength 10:45 Strengthen & Stretch 12:00 Senior Dining 1:00 Cardio/Strength 1:00 Sensory Bottles – What, Why, & Make It, Take It!	10:00 Scrabble 12:00 Luncheon Special 1:00 Farewell Party

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